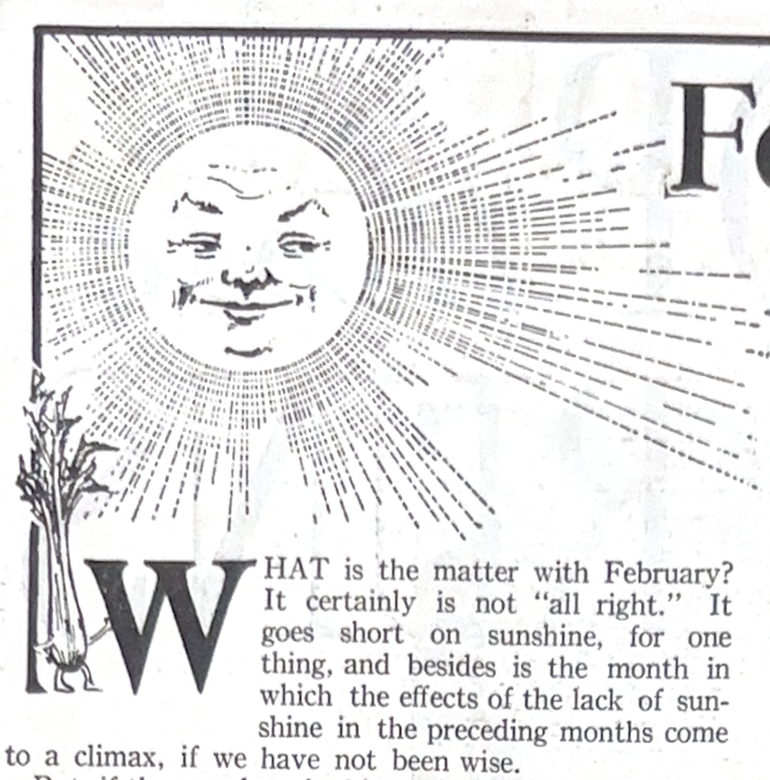

# Food Facts for Home Folks

Conducted by Anne Pierce

WHAT is the matter with February? It certainly is not "all right." It goes short on sunshine, for one thing, and besides is the month in which the effects of the lack of sunshine in the preceding months come to a climax, if we have not been wise.

But, if the sun doesn't shine, what are we going to do about it? On the medical side, you can take cod-liver oil in capsules, tablets or oil by the spoonful. Eggs and butter help and provide vitamin A as well, to ensure against colds, and lowered resistance to other infections. Vitamin D assists the calcium and phosphorus you get in your foods (we are going to make sure you get them presently) to go about doing just what they ought to do in building and repairing bones, and teeth, and promoting cell activity, with the utmost efficiency.

Then there are the vegetables and fruits that are veritable little savings banks of sunshine and ready to release it to your credit: oranges, lemons, apples, bananas; don't be stingy with these; eat of them generously for vitamin C. And vegetables, we now know, that are canned in the height of sunshiny months, largely retain their vitamins as well as their minerals, in the can. If your markets for green vegetables are poor and high now, lean confidently on those from the can, supplementing them with fruits, fresh, canned or dried.

BUT whatever you do, don't overcrowd the diet with griddle cakes, pork, sweets, and bread and potatoes (all good foods in their proper place), so that the fruits and green vegetables are lacking. Eggs are excellent if you can squeeze them into the food budget, and of course there should always be milk. The milk and vegetable soups and thick milk chowders (excellent examples given among the five prize soups on page 17) are admirable foods as part of the menu, or as main dishes, or luncheon, or supper dishes, and some of the menus given are built around these. If the menus are too expensive or elaborate, drop out one item and serve larger portions of the main dish. But don't drop out the vegetables, salads, and fruits because they seem less satisfying.

If anyone has a sun-lamp, of course that helps. They are pretty costly, whether you take one home or meet it in the doctor's office. We've often thought that it would be a great thing to have a community sun-lamp; everybody in the neighborhood "put in" and buy one, and make dates to use it! There are irradiated foods, including oils, cereals and breads, too nowadays, that have been impregnated with this vitamin D by being exposed to ultra violet light.

### Shopping for Bargains in Vitamins

VITAMIN D is only number four of the growing vitamin family, and you will need vitamin A from egg yolk, milk and cream, and green vegetables, too, for resistance; B, from whole grains with the germ left in, especially wheat-germ, for laxative value, appetite, nerve health and pep. Nuts, beans and peas help, too, and tomatoes and spinach score again. Yeast is a leading source for vitamin B, as cod-liver oil is for A and D.

We can always remember that vitamin C can't be cooked, "C. C. C.," so the oranges, lemons, tomatoes, bananas and raw cabbage and lettuce are priceless in the menu these dull days, and you know bargains in vitamins are to be sought. Milk at low cost gives you almost complete nourishment, vitamins A and B, especially, and a choice assortment of all minerals but iron. So, as Dr. Rose says, the vitamins are "thrown in." And Dr. Sherman recommends "a quart of milk a day for every boy baby till he is grown and a quart a day for every girl baby till she has weaned her last child." There is a program for you. It is no economy to cut down on milk, even if it goes up a cent or two.

SPINACH pays its way by the iron it yields alone, so the fact that it has as much vitamin A as expensive butter is a sheer dietetic charity on its part! Cabbage gives three vitamins for the usual price of one, and a low price at that. You want the green leaves, however, steamed only a few minutes and buttered or creamed for children, or shredded raw for grown-ups. Carrots, as Dr. Rose reminds us in her "Feeding the Family," are one of the few vegetables neither green nor leafy, that gives big value in vitamins and minerals for very little money. The tomato is another bargain, and the potato as well is a fine, all-round protective and nourishing food at low cost, but it is not laxative and contains no A; eaten with butter or cream, however, it is a well-balanced food, especially if boiled or baked with the skins on. Paring potatoes is a mean job and a wasteful one; don't do it until after cooking.

On butter: if expense makes it impossible for all occasions, butter substitutes may well be used, certainly part of the time. More milk, green vegetables and eggs are then needed. Cottage cheese is another wholesome milk product, lending itself to many appetizing uses.

Creamed salt and canned fish, a little of the salted meats for flavor, fresh beef chopped for meat-loaf or cooked with vegetables, or the cheaper cuts of lamb and veal to roast, liver, kidney and heart, are all high points in economical use of meat and fish. Molasses is perhaps the prize sweet for combining flavor and food value with economy.

### High Lights on the Market List

TO sum up: potatoes, apples and cabbage, tomatoes, canned, and bananas, milk and carrots, are among the leading bargains in protective, laxative, mineral and vitamin bearing foods. Dried beans, peas, whole grain cereals and breads, and the dried fruits, are money savers and health promoters at the same time. Milk is essential and cheap even if high because of its balanced food value. Cheap cuts of meat and the organs (liver, heart and kidneys especially) are as good or better than expensive cuts for nutrition. So with a little know-how, one may weather a financial depression and a sunshine shortage at the same time. Good nutrition always adds to good courage. You know the old saying that "an army travels on its stomach," and you are all in the army these days, fighting for health, peace and security. Being well fed does not mean being luxuriously fed at all; sometimes quite the contrary.

KEEP these points in mind when making out your market list, especially if the food budget is small. Corn-meal breads, especially the whole, water-ground meals with the germ left in, offer big energy and fuel values. They may be served in great variety (pone, egg bread, spoon bread, griddle cakes, etc.). Entire wheat bread and butter, dried fruits and orange or tomato juice, offers a completely balanced luncheon with no work and little expense. Add a hot soup, made with milk, and you have dined indeed, perhaps better than on a full course dinner, chosen for food fun instead of food nourishment.

AND now for some recipes and menus that will put all this February food lore into practical action and use the prize soups as well!

### Spinach Gratin

ANYONE will eat this spinach. It is excellent with broiled ham, and as an "underpinning" for a fillet of broiled fish of any kind.

**Recipe**

2 pounds spinach
2 tablespoons butter
1½ cups milk
2 tablespoons flour
½ cup grated cheese
2 tablespoons fat
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon worcestershire

Make a white sauce of the flour, butter, milk and seasonings. Cook the spinach for ten to fifteen minutes, using only the water remaining from washing. Drain, saving juice of vegetable for spinach soup.

Mix the sauce with the spinach, place a layer in casserole and sprinkle with grated cheese. Continue till all is used, and cover top with bread crumbs, bits of butter and grated cheese, and brown in a moderate oven or under the broiler. Parmesan cheese that comes grated in bottles, American cheese, or riced Gruyere may be used.

### Prune Mousse

2 tablespoons gelatin
2 tablespoons cold water
3 tablespoons boiling water
1 cup hot sweet prune pulp
2 cups cream

Soak the gelatin in the cold water, dissolve it in the hot, and stir it into the hot prune pulp, stirring well. (Chopped nuts may be added or half a teaspoon of grated orange rind, using orange-juice instead of cold water to soak the gelatin.) Cool and fold in the whipped cream. Let stand in refrigerator for two hours, in bowl or individual serving glasses.

If whipping cream is too expensive, you know the evaporated milk can be pre-heated in the can; chilled and whipped by surrounding it with ice and salt. Also, whipped cream in cans is now available.

### Coffee Bavarian Cream

1 tablespoon gelatin
¼ cup cold water
⅓ cup sugar
1 pint cream
½ cup strong coffee, hot
1 tablespoon lemon-juice
⅛ teaspoon salt
1 teaspoon vanilla

Soak the gelatin in cold water and dissolve it in hot coffee. Add sugar and salt and chill till it begins to thicken. Fold in cream, whipped not too stiff (like a heavy custard) and add seasoning.

Place in refrigerator for four hours, (in freezing tray if you have one). Serves six. Cookies or sponge cake are better with this than a rich cake.

*Notice: If you want our simple one page Up-to-Date Guide to the Vitamins for handy reference when making up your menus, send a stamped addressed envelope to Anne Pierce, 61 West Ninth St., New York City*

*Catch the Stored-up Health from Sun and Soil in the Fruits and Vegetables*

### Chocolate Pudding

CHOCOLATE pudding may be gummy and under-flavored, or too sweet and too strong of chocolate. Very excellent chocolate puddings and junkets come all ready to use with the addition of milk only, or an egg if desired. We think you will find this recipe for this old favorite just right and it makes a good ending for a soup-salad meal:

**Recipe**

3 tablespoons cornstarch
1 pint milk
½ cup sugar
¼ teaspoon salt
¾ teaspoon vanilla
¾ cup cream
1 square bitter chocolate or ⅓ cup of cocoa

Moisten the cornstarch with a cup of the milk and stir to a smooth paste. Scald the other cup in a double-boiler, adding the remaining ingredients except the cream and vanilla. (Cocoa is mixed with the sugar and chocolate is shaved, and dissolved in the milk.) Combine with cornstarch mixture and cook, stirring steadily until it thickens (eight to ten minutes). Then allow to steam in double-boiler with only occasional stirring, for about eight minutes more. Cool slightly, add flavoring and pour into large or individual molds. Serve with the cream, liquid or whipped. Crushed nuts may be scattered over the top.

A variation that improves texture and increases nutriment, is to use two tablespoons of cornstarch and one egg saving the white and beating it stiff to be folded in lightly at the very last. This amount serves five; and the recipe is easily doubled.

## February Food for Health, Economy and Easy Eating

*(Recipes given for starred items)*

**Monday**

*Breakfast*

Stewed apricots
Codfish balls with egg sauce
Whole-wheat toast Coffee and milk

*Luncheon*

Macaroni and cheese
Lettuce or chili-sauce sandwiches on whole-wheat bread
Sliced oranges and cocoanut
Date cookies
Tea and milk

*Dinner*

Italian vegetable soup
Country sausage, apple rings
Baked stuffed potato
Prune pie
or
Much minestrone with hardtack
Orange and nut salad with cream dressing, served with raisin bread for a salad-dessert course

**Tuesday**

*Breakfast*

Grapefruit
Shredded wheat with bananas and cream
Bacon White toast
Coffee and milk

*Luncheon*

Cream of tomato soup Crackers
Sardine or salmon sandwich with rye bread and lemon juice
Cole-slaw Cookies
Milk and tea

*Dinner*

Meat-loaf
Scalloped potatoes Stewed tomato
Corn-bread sticks
Chopped lettuce with hard egg and onion
Baked apples with raisins

**Wednesday**

*Breakfast*

Prunes and apricots
Creamed chip beef or codfish
Biscuit Coffee and milk

*Luncheon*

Creamed baked asparagus
Whole-wheat bread Cole-slaw
Cookies Milk Tea

*Dinner*

Liver and bacon
Hashed brown potatoes Creamed onions
Tomato jelly salad with lettuce
Apple pie

**Thursday**

*Breakfast*

Orange juice
Scrambled eggs with peas (or canned roe)
Toast Milk and coffee

*Luncheon*

Black bean soup* Crackers
Stewed or canned fruit
Oatmeal raisin cookies
Milk and tea

**Thursday**
*Continued*

*Dinner*

Stuffed breast of lamb or veal
Browned roast potato String beans
Currant jelly
Cherry salad, stuffed with nuts and cream cheese
Chocolate pudding * Cookies

**Friday**

*Breakfast*

Prunes with lemon
Oatmeal or wheatena Bacon Muffins
Coffee and milk

*Luncheon*

Creamed finnan-haddie
Toasted muffins
Apple sauce Cookies
Milk or tea

*Dinner*

Oyster bisque * or clam chowder *
Broiled fish (halibut or flounder fillets or haddock)
Lyonnaise potatoes Spinach gratin *
Iceberg lettuce with Russian dressing
Orange gelatin Cake

**Saturday**

*Breakfast*

Apple sauce
Rice or corn flakes with cream
Poached or coddled egg Toast
Coffee and milk

*Luncheon*

Onion soup gratin * and crackers
Apple, nut and celery (or cabbage) salad
Tea or milk

*Dinner*

Tomato juice
Cream cheese and onion canapés
Baked beans and brown bread
Mustard pickle Buttered beets Celery
Pineapple and orange salad
Prune mousse *

**Sunday**

*Breakfast*

Sliced oranges
Broiled ham Biscuit or hot rolls
Raspberry jam Coffee

*Dinner*

Fricasseed chicken in rice ring
Scalloped tomatoes Peas and carrots
Pickled peaches or grape jelly
Pear salad with cream cheese
Mince turnovers
or
Coffee Bavarian cream *

*Supper*

Vegetable salad
(Beets, string beans and onions with lettuce, mayonnaise or French dressing)
Toast Cocoa Sweet pickles
Floating island or cranberry tarts

*Concluded on page 17*


# BUT HOW MANY BRANDS HAVE YOU FOUND THAT ARE "AS GOOD"?

It's sometimes so easy to take the brand that's "as good as DEL MONTE." If it *looks* like a bargain!

But how often does the unknown label *live up* to its promise—how good is its record, compared with DEL MONTE's years of dependable service?

Let your own experience answer that question—and you know why millions of women ask for DEL MONTE, year after year. Even at a higher price, its *assurance* of quality is always worth the extra cost. And when the price is so reasonable, just why should you *ever* experiment with unknown brands, unknown quality?

Especially when there's some grocer close at hand who wants to sell you DEL MONTE. A grocer who puts your interests first. Get DEL MONTE from him—and you're sure of the best, whenever you buy!

## *Like Bargains?*

Then here's a real one. The same fine DEL MONTE Pineapple you've always enjoyed—now at the lowest price it has ever been. Why not serve it oftener? Treat the family to the pineapple pies, salads, sherbets, and other dishes everybody likes.

Three styles—Sliced, Crushed and Tidbits. But only ONE quality—the highest—in each.

## MAKE THIS DESSERT IN 3 MINUTES!

Just mix DEL MONTE Sliced Peaches with quartered marshmallows, add a pinch of salt, chill and serve with whipped cream. And it's only one of many sliced peach treats. Add them to bread pudding, custards, left-over cake, etc. Or use in cobblers and pies.

You'll find them just about the handiest fruit on your pantry shelf.

## WANT BETTER COFFEE?

Then remember, you can't get better flavor *out* of coffee than Nature put into it. That's why DEL MONTE goes to such lengths in selecting the finest green coffees—takes such pains in blending and roasting. Then *protects* that flavor by super-vacuum packing.

Try DEL MONTE Coffee tomorrow. See if it isn't the finest you've ever tasted.

## *Pleases* THE MEN-FOLKS

Asparagus certainly "hits the spot" with men. Add it to salads, or serve on lettuce with mayonnaise or melted butter. See how appetites perk up. And remember, if it's DEL MONTE Asparagus, it's the tenderest, tastiest asparagus grown and packed. You can always be sure of that. Three styles—Long Spears, Tips, and Salad Points.

## *Here's a Real Appetizer!*

Just the starter for any meal. DEL MONTE Tomato Juice, served chilled, or with lemon, salt and Tabasco or Worcestershire Sauce to taste. Always refreshing. A "health" drink, too. The pure juice of red, sun-ripened tomatoes—rich in vitamins. Try it.

## 2 WAYS TO SAVE MONEY

Take advantage of DEL MONTE's low prices. And avoid waste, by buying the size of can to meet your need. DEL MONTE Peaches, for instance, come in Buffet cans (8 oz.), No. 1 cans (16 oz.), No. 2 cans (20 oz.), and No. 2½ cans (30 oz.). All fruit graded to fit the container. But fully tree-ripened fruit — DEL MONTE Quality—in *every* can.

## SAVES SHOPPING TIME

Why bother shopping around for various fruits, when planning a fruit cup or salad? DEL MONTE Fruits for Salad brings you five delicious fruits—Peaches, Pears, Apricots, Pineapple, and Maraschino Cherries — cut up, ready to use. Saves time of preparation. Saves waste. Ask your grocer for it.

## *Serve Grapefruit* THIS EASY WAY!

Save yourself the bother of halving, coring, loosening rinds, etc. DEL MONTE Grapefruit comes in dainty, juicy segments, ready to serve. The very finest grapefruit grown. Mighty handy for salads and fruit cups, too.

## *Works Magic with* "LEFT-OVERS"

You'll find DEL MONTE Tomato Sauce a wonderful help in preparing left-over foods. Gives new appeal to hash, stews, pastes and inexpensive cuts of meat. Not a catsup or chili sauce, but a *cooking* ingredient, blended according to our own original recipe. You'll never be without it, once you know its many uses.

## NEW FLAVOR in canned peas

DEL MONTE Early Garden Sugar Peas. Away ahead of any other canned peas you've ever tasted. That's because they're first graded—then the tastiest sizes *blended* together. Brings you the true, natural flavor of fresh garden peas. Don't miss them.

## *Friendly to Budgets*

Just about the most economical main course dish you ever saw, too. Big, meaty DEL MONTE Sardines. The famous California variety, rich in sunshine Vitamin D. Enjoy them at least once a week. One can serves a moderate size family.

DEL MONTE also packs delicious little French-type sardines, in olive oil. Wonderful for sandwiches, salads, etc.

The red DEL MONTE shield on the green label — what a friend it is. Always dependable. Always the same high quality — no matter when or where you buy. Remember, too, that DEL MONTE covers almost all of your everyday canned food needs. Apricots, berries, cherries, fruit salad, grapefruit, peaches, pears, pineapple, plums, asparagus, corn, peas, spinach, tomatoes, coffee, salmon, sardines, tuna, and many others.